Module 2 TED Talk/Video Assignment

Section 1: Performance and Relational Character Strengths

Based on the webinar "Transforming Character Strengths into Productive Results," I have selected four Performance Character Strengths and four Relational Character Strengths that most describe me. The following is the structured response as required.

Performance Character Strengths (Yellow Chart)

1. Resilience

- **Defined in My Own Words:** The ability to bounce back from setbacks, keep moving forward in spite of obstacles, and remain mentally resilient when confronted with adversity.
- **Why It's Important to Me:** Resilience is important because adversity will always occur in sports and in life. Being able to bend and overcome it makes me a more resilient athlete and person.
- **Example in Sports:** A basketball player misses a winning shot but fails to dwell on failure. They work harder instead and return better in the second game.

2. Self-Discipline

- **Defined in My Own Words:** It is the skill of remaining determined, having a good habit of doing things the right way, and always providing the effort it takes to complete goals.
- **Importance to Me:** Self-discipline stays me on the right path. Without it, excuses and diversions can too easily sidetrack progress.
- **Example in Sports:** An early riser soccer player trains even when he/she does not feel like it, thinking that persistent effort will yield progress.

3. Perseverance

- **Defined in My Words:** The determination to push through no matter how difficult the circumstances become.
- **Importance to Me:** Perseverance means not giving up when things are tough, something required to achieve long-term success.
- **Sport Example:** The runner forces through exhaustion and pain at the final miles to close out strongly.

4. Accountability

- **My Definition:** Being responsible for what I do and for the decisions I make, for better or worse.
- **Why Important to Me:** It makes me answerable to being better and not blaming situations when they don't work in my favor.
- **Sports Example:** A quarterback throws an interception and instead of blaming others, takes it upon himself and improves.

Relational Character Strengths (Pink Chart)

1. **Respect**

Defined in My Words: Being kind to others, hearing other people out, and valuing everyone's opinion.

Importance to Me: Respect builds trust and solid relationships, either on a team or in life.

Example in Sports: An opponent's good shot is accepted by a tennis player instead of engaging a referee in an argument over a call.

2. Empathy

Defined in My Words: Understanding and expressing others' feelings, expressing support when the situation calls for it.

Importance to Me: It helps me connect with teammates, lead them through adversity, and assist in creating a harmonious environment.

Example in Sports: A team captain notices a struggling player and offers moral support to boost their own self-esteem.

3. Integrity

Defined in My Words: Doing the right thing even when nobody is watching.

Importance to Me: Integrity is what makes a true leader stand out from the rest. It's about being truthful and making ethical choices.

Example in Sports: A golfer penalizes themselves for an invisible rule violation, even though no one else noticed.

4. Teamwork

Defined in My Words: Working together with others to achieve a shared goal.

Importance to Me: No individual is successful alone. Doing good for others and establishing good relationships leads to success.

Example in Sports: A basketball player gives up a disputed shot to create a chance for a better shot for another teammate.

Section 2: Using Character Strengths in Interactions

Character strengths are not potted platitudes; they are operating principles that inform my daily interactions. As a coach, teammate, or professional, I actively attempt to apply these strengths consistently.

I practice respect by hearing others out and respecting others' opinions, whether it's a colleague, coach, or teammate. Empathy assists me in making genuine connections—when I see someone struggling, I check in and provide support. Integrity helps me keep my word, hold myself accountable, and promote honesty in others. Finally, teamwork is something I practice in all group situations, understanding that collaboration is key to success.

By being conscious of utilizing these strengths, I create a healthy and effective environment, whether it is sports or life.